



# Xcelent NEWS

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- Jan 21-22: 15s-17s WCVBA League 1/2
- Jan 27-29: 18B USAV Salt Lake City
- Jan 28-29: 12s-14s WCVBA League 1/2

**Xceleration  
Volleyball Club**  
John B. David, Editor

## Xceleration Turns 17!

### Club welcomes athletes and families to 2022-2023 Season

When founder and former owner **Jon Segall** started the Xceleration Volleyball Club in Concord over 17 years ago, he never would have thought where the club would be today – growing, flourishing, and becoming a fixture in the East Bay volleyball community. Naturally, there were some rough patches for anything starting up, but the club has found and continues a track record of success by following the key tenets that it had initially set out in 2005 and still follows today. Jon's founding principles were simple and could be summed up in three lines:

- *Compete because you love to compete*
- *Win because you love to win*
- *Play because you love the sport*

These principles are still the foundation of the club, and while the club has grown quite a bit, we have not lost sight of these principles. Jon wanted to give volleyball players in the area a competitive club in which to participate and to learn proper volleyball skills.

Initially started as a 3-team club, we have grown each season, both in number of teams (now 12), and competitiveness of the players. Our goal was also to provide training to serious-minded volleyball players. We believe in providing the very best training available with our qualified coaches. We provide a well-rounded program that teaches skills, sportsmanship, leadership, and a strong work ethic.



We set a high standard for our administration, coaching staff, and players. Our programs are designed to develop the ultimate volleyball potential in your child. Whether you are new to volleyball or have years of experience, we are all ready to take you to the next level!

Today, we welcome more than xxx athletes, both new and returning, to the 2022-2023 Season. In this premier issue of Xcelent News, we will meet our teams, our coaches, and our staff who will work together to celebrate 17 years of competitive volleyball in the East Bay. We will also provide improvement opportunities throughout the year through our newsletters, and we always welcome your thoughts and ideas that will help all of our members. We ask you to join us in making this season's experience one of the best. We thank you for your continued support and for choosing Xceleration!

## A Message from Jeremy & Gayle Swann

As club owners, and on behalf of our coaches and staff, we want to welcome 133 players and their families to Xceleration Volleyball Club. We thank you immensely for choosing Xceleration, to trust in our vision for your child's growth in the game.

When you select Xceleration, you're choosing experience, passion, and the pursuit of perfecting your skills to take you to the next level. Our dedication began over 17 years ago when Xceleration's founder and initial owner **Jon Segall** became inspired to give athletes in the area a place to play competitively, and what began on a spring day in 2005 has blossomed into a nationwide name in girl's volleyball.

So much has changed since Xceleration was established more than a decade and a half ago, but as the club thrives in its third generation of ownership, the heart and soul of Xceleration remains the same. Xceleration is a place full of Enthusiasm. Drive. Desire. And, most importantly, family.

Throughout the years, what has really made Xcel into what it is today are the athletes, families, coaches, and staff that are part of the club – the girls that play hard all week and give it their all on the court during tournaments, the families that prep, get up at all hours of the morning to drive to tournaments, fix meals for their athletes, the coaches that dedicate



enormous amounts of time to teach the game. The staff that ensures that everything flows as smoothly as possible. They all make an immeasurable commitment to the success of the club. We are incredibly lucky to have you folks be part of our "Xcel Family."

So, with that said, we look forward to a great season and hope that it will be an enjoyable one for everyone in the club. We cannot wait to see our teams in action, we cannot wait to get to know those that we don't know yet and get even better acquainted with the people returning to Xcel. We look forward to seeing you on the courts! And may the season be filled with lots of learning, fun and friendship.

Enjoy the holidays and soon it will be go-time! Put in the work and results will follow.

**GO XCEL! Jeremy & Gayle**



### Photo Galleries

You can find more photos in the Galleries and Team Pages of our website. If you would like to share your pictures during the season, please post them on our Facebook group page, and they may work their way into future issues of XCELLent News.



**Instagram**

**Instagram: XcelerationVBC**

Xceleration has an Instagram presence where you can view our posts throughout the season.



**Facebook Group Page**

Xceleration has a group page! Join our Facebook fan page and participate in the discussion forum where you'll hear about our athletes and various ongoing events. Search for "Xceleration Volleyball Club" and ask to join. Or scan the QR code with your mobile device.



# Early Club Memories from Jon Segall

XCELlent News caught up with Jon Segall, Xceleration's founder and former owner to gather his memories of the club that he started in 2005 in the following Q&A.

## Why did you start the club? What was the goal?

I started the club because I felt that the "Big Clubs" were overlooking a lot of talented players who, while not necessarily having traditional volleyball "talents" (mostly size), would have a place to play and develop their game. I felt like Clubs were stuck in perception and innovation. As a player, I felt like Clubs worked more to what worked for a system that was less intuitive and more geared to a place of "Well, this is what has been the standard, so....".

I wanted a place for volleyball players, run by volleyball players. I wanted to convey the sense of joy that I felt playing and to develop kids so that they wanted to learn and play a sport for the rest of their lives. AND I wanted these kids to see that they could compete and be great at a sport even if they were overlooked.

## What were the challenges encountered by the club in its early years?

Getting kids who were competitive to play for an up-and-coming club. I wanted to challenge "the powers that be" and get kids who were along for that challenge. I think we did that, but it was a constant struggle as we were new and didn't have a "name" yet. Though developing kids was a goal (really our #1 goal), we were not a "developmental" club. We built the club to be competitive as well and winning was also a priority.

## What was the most exciting or memorable experience you had with the club?

Well, building this club with amazing people was, of course,



**Top photos:** Jon was having fun at the Colorado Crossroads. Signing Night has grown tenfold since then.

**Bottom photos:** Jon and Jannine did not go totally cold turkey after leaving Xcel; the couple enjoyed and supported their sons Josh and Jordan wrestle and play volleyball, respectively, at College Park.



# Early Club Memories from Jon Segall

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one of those. I think I really enjoyed coaching 14 Blue one year where we had an amazing team, which was one also one that was 99% drama free and finished in the top 5 in Northern California.

I guess one thrilling moment for me that will always live on was in the semifinals of a regional. We had a small team, but the girls were hardcore athletes, and our defense and passing was great. AND we could hit with good teams as well. As I said we were "small" though and in warm-ups scared exactly 0% of the people watching. Anyway, we were playing a team from Fresno who had all these tall players who could just bomb the ball. SO, during warm-ups, I overhear one of their parents say while watching us: "Oh, this'll be over fast – we should have this thing done in 20 minutes.".... Famous last words....

I told my players about it in the huddle and went over our game plan. Needless to say, the match was over (about 30 min.) quickly with Xcel winning 25-11, 25-10. The girls from Fresno could hit but defense and

passing crushed them and we played to that. As we were leaving, I walked past the parent who said that (while talking to one of our parents) and made sure they could hear me say.. "Yep, that one was over quick – but it did take us 30 min." and made sure they heard me. To their credit the Fresno parent just nodded and even returned a slight smile.

ALSO, Coaching my 16-2's one year to a top 25 spot out of 160 teams... That was an awesome team! AND Coaching the 17-2's to a 9<sup>th</sup> Place finish in a SoCal qualifier where everyone assumed we were the 1's team. It made the girls feel great.

**What are you most proud of during the the club's long existence?**

What Xcel has become. It's a great club and considered a destination club. I love seeing that.



*A note to all the new Xceleration Families .. You don't know this yet, but you have just made the best decision!... Every day [since joining the club], we have been showered by nothing but positive coaching, kindness and support, straight through into her senior college year. Doesn't matter what age group or if it's the White/Blue team ... I promise you, every effort your daughter puts into this season, she will be rewarded times a thousand. Xcel is the best and your daughter is the lucky one!*

*Dede Nieto*

**What is your message to the club, families and players for the next few decades and future generations?**

Play ball and enjoy it as much as I have and still do. Enjoy the competitiveness and drive. I would say that the club is a success, as long as the Girls make Volleyball part of their lives for many years after AND enjoy it.

**Photo Galleries**

**Courtesy of Tomas Pineda**



# Create a Winning Culture of Un-Entitlement and Buy-in

By Munciana's Mike Lingenfelter and Former Penn State Volleyball Coach, Russ Rose. Originally published and reprinted from the Junior Volleyball Association.

With 17 years of experience as a competitive volleyball club, getting from Point A to Point B for Xceleration requires a lot of dedication and hard work from all involved – parents, coaches, players, and staff! The club has looked to many programs that have found success on and off the courts throughout its history and has taken facets that were successful from different programs to make itself better each year. One of the best programs that the club has tried to emulate and replicate is that of the Penn State women's volleyball team under the leadership of their former coach, Russ Rose. His accomplishments are legendary – coach of the year multiple times, his lifetime coaching record ranks first in Division I history, he has the most wins and highest winning percentage of any Penn State intercollegiate athletic coach in Penn State history, 41 NCAA tournament appearances, 7 national titles, and the list goes on. Who can argue with this level of success in the college ranks.

Xceleration's leadership team has taken the 5 keys elements described in the article below to heart and is reminded each day that they are needed to make the program better.

In 1979, at the age of 25, Russ Rose took the Penn State Women's Volleyball Head Coaching Position. With three paid scholarships at the time, he fielded a full roster of female student athletes. One of the first things he did as Head Coach was to establish the culture of the team: it was based on hard work, honesty and the student athletes putting team success before individual success.

Rose was the Head Coach from 1979-2021. He led the program to seven NCAA National Championships, first in 1999, then in each year from 2007 through 2010, and in both 2013 and 2014. He led the Nittany Lions to appearances in every

NCAA Division I Women's Volleyball Tournament, making Penn State the only program in the nation to appear in every NCAA volleyball tournament since its inception in 1981. Rose is the nation's all-time leader in wins, winning percentage and NCAA tournament winning percentage.

To this day Rose credits the team's success to the cultural foundation that was built and then fostered from the early years of the program, and then passed along from class to class, becoming a part of each player's DNA. Rose continued to focus on culture four decades later and believes that a program's culture will attract certain players who exemplify that culture.



I'm not trying to set the bar high. We're just trying to compete. We want to grind. This is what we do.

Russ Rose

WWW.STOCKMYPIC.COM



Courtesy of Melaine Huth

# Create a Winning Culture of Un-Entitlement and Buy-in (continued)

**Whether you are a new club or an established club, a new volleyball coach or a long-time coach, here are 5 keys to Create and Foster a Winning Culture of Un-entitlement and Buy-In:**

## INSTALL HARD WORK

Teach your kids how to work hard. If they work hard, your athletes will care more, and in return they will receive more. Teach them how to compete and be competitive in everything they do. Let your players know that it's OK to compete. Compete with their counterparts, compete with the coach(es) and compete with themselves. Spend a lot of time on first ball contacts (serve/pass) and work really really hard at it.

## HONEST COMMUNICATION AT ALL TIMES

The key to creating a relationship with the student athletes is to be honest. Clear, concise and honest communication creates buy-in and trust. Your athletes need to be open to taking criticism, whether it is technical, emotional or mental feedback.

Playing time conversations are common during the season. You want players that want to play; however, you want them to care more about the success of team than themselves. Use player meetings to address how the student athlete is doing, what his/her role is on the team and why, and have the meeting a few times throughout the season: prior to the first tournament,

mid-season and post season. Everyone on the team deserves open and honest communication so there are no questions. Keep players on each team to a workable number so you don't run into too many playing time issues.

Some athletes want to play at the highest level. Honesty can make a big difference during the recruiting process as the student athlete is navigating trying to find a college program to call home. The biggest home does not always mean the best home. Honesty is about finding the best home.

## ACCOUNTABILITY AND TAKING OWNERSHIP OF PERSONAL GROWTH

Setting expectations through open and honest communication sets the tone for accountability. Open the season reminding your club athletes and parents that they are paying to train verse paying to play. Everyone gets equal training. Address it early and often and consistently. One of the biggest reason clubs track stats is to explain playing time decisions, however it should be to validate an athlete's personal growth and improvement, or non-improvement. Make it about the athlete achieving their goals and dreams.

Clubs should keep parents involved in the journey of their athlete. Don't hesitate to speak to the parents, the consumer, the customer. Involve them to eradicate issues and help their athlete grow, after all, they know their child better than anyone else.



[Photo Galleries](#)

Courtesy of Tomas Pineda

# Create a Winning Culture of Un-Entitlement and Buy-in (continued)

Build trust through communication and honesty.

One can argue that student athletes haven't changed, the parents have changed. Parents need to understand that when their child gets out into the real world, they will not have the protection of their parents, and will need to fight their own fights. Cultivate a supportive parent culture and understand that at the end of the day your culture may not be for everyone. Stay consistent and hold your ground. Remember, you're more likely to hear from the unhappy parent than the happy parent.

## **SURROUND YOURSELF WITH QUALITY STAFF AND BUILD RELATIONSHIPS**

It is difficult for culture to drive success without the support from the coaching staff and club leadership. Every player needs to

feel like there is someone they can communicate with whether it is the assistant coach, head coach or club administrators. Do more off the floor to address non-volleyball priorities: Mental Training, Nutrition, Strength Coach, Academic Guidance, Time Management.

## **MAKE SAFETY AND THE NEEDS OF THE ATHLETES A PRIORITY**

The fact that volleyball is a team sport means that culture plays such a big role and can impact performance. We owe it to the student athlete to give them a quality experience, and a safe experience.

Culture is something that grows and develops over time. It's the foundation of every program and is detrimental to the success of any volleyball team. Spend the necessary time coaching parents



on how to allow their kids to be coached, coaching your coaches on how to teach their players to be coached, and teaching players how to be coached. The time you put into your club's culture will be worth it.

[View the JVA Webinar: Create a Winning Culture of Un-Entitlement From the Club Level to College and into Life](#) presented by Munciana's Mike Lingenfelter and Former Penn State Volleyball Coach, Russ Rose.

[View additional resources on establishing and building culture.](#)



## **[Photo Galleries](#)**

[Courtesy of Tomas Pineda](#)

## MEET OUR TEAMS: 12 Blue Krystal Hin & Taylor Dixon

# 12

### KRYSTAL HIN – CO-HEAD COACH 12BLUE

Krystal joins Xceleration for her 2nd year of coaching club volleyball. The Pacifica native, now residing in Vallejo, CA, first got involved in volleyball because of her older sisters. Krystal's first club team at the tender age of 12 was with the Golden Bears VBC, but she spent most of her club years with Beach Vibes VBC as a starting Outside Hitter. She played four years of varsity volleyball at Terra Nova HS in Pacifica, as a Middle and Outside Hitter, where she received All-league second team as a freshman, league MVP her sophomore year, and first team All-league her junior and senior seasons.

Currently, Krystal is a Communications major at the College of San Mateo, with plans to transition to a four-year university to earn her bachelors. She played one season of indoor and beach volleyball before the pandemic, and she was able to earn first team All-conference.

Krystal said, "Even as I've grown older, my love for the game has remained strong and I'm grateful for the endless connections I've built throughout the volleyball community." She followed, "Not only is volleyball a passion of mine, but as a sibling of six, working with kids is something that has always come naturally to me. It's amazing to see the growth of players on and off the court through the course of the season, and I hope the kids are as excited to learn from me, as I am from them."

### TAYLOR DIXON – CO-HEAD COACH 12BLUE

Xceleration alumnus Taylor has played volleyball for over 10 years, including two years with Xcel. Taylor earned a scholarship to play at Cal State San Marcos as an outside hitter for the Cougars. There she earned her BA degree in Liberal Arts, with an emphasis in Sociology. Taylor also obtained her teaching credential from CSU San Marcos and currently teaches 2nd Graders. Taylor prepped at Liberty High School in Brentwood, CA through 2016, where she was on varsity volleyball all four years and earned First Team All-East Bay for two years in a row. Last season, Taylor kept a busy competitive volleyball schedule, serving as an assistant to both the 14s and 17s teams.

Taylor said, "I look forward to coaching and being a part of the Xcel family once again!"

**Team Parent/Liaison:** Tiffany Reno Fung



Rebecca	Alberto
Meha	Balamurugan
Olivia	Baysa
Ashby	Benavides
Tallulah	Ford
Alexa	Fung
Siahni	Gaddies
Ramona	Hemauer
Lauren	Meinbress
Isabella	Meyers
Olivia	Naranjo
Maddy	Rollins



# MEET OUR TEAMS: 13 Blue

## Greg Ginsburg & Michaela Ahlenslager

# 13



### GREG GINSBURG – HEAD COACH 13BLUE

Greg returns to Xceleration for another stint of coaching with the club. The Reno native has lived in the Bay Area for a long time and confesses that he has coached “since dinosaurs roamed the earth” or since he was just out of college... oh so 35+ years ago. In addition to coaching club volleyball at Elite (LA) and Xceleration, Greg also has club and high school basketball and volleyball coaching experience at Salesian College Preparatory in Richmond, CA and St Mary's College High School in Albany, CA. Greg played a bit of both volleyball and basketball in college; generally enjoying his time on the bench (!). He earned a BS in Ecological Science (i.e., Biology/Environmental Biology) as a Cal undergraduate and an MBA in Marketing at Cal State University East Bay. Greg has also completed executive programs at Stanford for supply chain strategy and at Wharton for negotiation strategy. He currently leads the supply chain function at Smart Sweets, a nutritional snack food company.

Coach Greg said this about coaching volleyball, “I love it when we learn something together and then execute it on the court.”

### MICHAELA AHLENSLAGER – ASSOCIATE COACH 13BLUE

Michaela is an Xceleration alumnus and joins the coaching staff for her 2nd year with the 13Blue. The Hercules, CA resident will be in her fifth year of coaching after two seasons at the club level for Plumas Volleyball Club U12 and River Cities Thunder 15-1s, and a season at the high school varsity level for her alma mater Salesian College Preparatory in Richmond, CA. After playing for Xceleration and prior to coaching, Michaela played MB/OH for Feather River College in Plumas County, CA and then at Marshall University in West Virginia where she earned a double major – Bachelor of Science degrees in Health Sciences and History.

On reasons Michaela enjoys being on the Xceleration staff, she said, “Coaching is teaching, and I love helping players learn the game, whether it’s serving overhand for the first time... or swinging line versus angle.” She followed, “The sense of accomplishment they feel and the confidence it brings them makes all the hard work worth it. I love what playing a sport can do for kids as far as confidence, sense of self, and leadership skills, and I support the process and love being a part of it.

Addison	Brackett
Evelyn	Canova
Clara	Chequer
Gabrielle	Datu-Torcende
Juliana	Dionisio
McKenzie	Galvan
Mahya	Hekmat
Ella	Lapsker
Lauren	Shwarzman
Micenzie	Lee
Sophia	Northrup
Georgia	Schneider
	Vaz



**Team Parent/Liaison:** Cayla Northrup

## MEET OUR TEAMS: 14 Blue

### Jhoanna Rollins & Allan Alberto

# 14



#### JHOANNA ROLLINS – HEAD COACH 14BLUE

Jhoanna joins Xceleration for her 2nd year after a successful 16-year club and high school coaching career. She has coached JV at St. Patrick-St Vincent HS for three years, JV at Rodriguez HS for four years, and Club Solano for 16 years for ages 13s, 14s, and 15s.

Originally from the Philippines, Jhoanna played for Cavite City National HS and Solano College as an Outside Hitter/Middle Blocker. During high school, she was “Athlete of the Year” for all four years. Jhoanna currently resides in Fairfield, CA with her husband James and their three children and is also a coach at Solano College.

Jhoanna loves to coach! She said, “I fell in love with volleyball at 13 and I like to share the knowledge of volleyball, the commitment, the discipline, the responsibility, the respect, the friendship, the love of playing, and more... are the heart of volleyball, so I want the girls to fall in love with volleyball, too. I just love coaching!”

#### TUI SALUNI – ASSOCIATE COACH 14BLUE

Coming soon!

#### ALLAN ALBERTO – ASSOCIATE COACH 14BLUE

In his 3rd year with Xceleration, Allan's 30 years of volleyball experience began in his hometown in the Philippines. Allan started his collegiate volleyball career at National University in the Philippines, playing the middle and right position. He was a member of the Philippine National Team in 2002, 2004, and 2005 and competed internationally in Fukuoka, Japan, in 2002. Allan also became a member of the Philippine Air Force Volleyball Team and was the Philippines' National Open champions from 2005 to 2007.

Allan started his volleyball coaching experience as the Head Coach of Asian College of Science and Technology in the Philippines from 2004 to 2006. He was the Assistant Coach for the Philippine Air Force from 2004 to 2006 and National University in the Philippines from 2006 to 2008. When Allan arrived in California, he joined Club Solano and was one of the Head Coaches, coaching the Girls 15's, 16's, and 17's age groups from 2017 to 2020.

Allan loves and is very passionate about volleyball. He enjoys teaching players the fundamentals of the sport and fostering the importance of hard work, determination, and teamwork. His goal is to share his talent and experience with younger players, to inspire them to develop their skills and passion for volleyball.

Emery	Benavides
Beatriz Anne	Bohulano
Sloan	Chester
London	Crawford
Brooklyn	Hill
Mia	Jee
Kayla	Moon
Kendra	Moon
Jerita	Pingol
Vanessa	Rosello-Duenas
Kalolaine	Saluni



## MEET OUR TEAMS: 14 White

### Jennifer Uresti & Amanda Mallard

# 14



#### JENNIFER URESTI – HEAD COACH 14WHITE

Jennifer is in her 3rd season at Xceleration after a brief hiatus. She has coached all levels of high school volleyball and club with over 15 years experience. Jennifer's volleyball success started early on. She was a CIF Div. III State Champion her senior year of high school, and a First Team Jr. College All-American at Kings River Community College where they also finished 4th in State. Jennifer attended Fresno State University on full scholarship and was an All-WAC selection as a middle blocker during her Senior year. Jennifer still holds the record for the most blocks in a single game. She started her coaching career while playing college volleyball, coaching in the club scene for Sierra Pacific Volleyball Club and Central Cal Volleyball Club. Jennifer secured her first high school varsity head coaching job her first year out of college.

Jennifer stepped away from the game as she started her family and has been back in the gym for the past six years here in the Bay Area. Jennifer has enjoyed picking up coaching again with her two children who are actively thriving in the sport. Currently, Jennifer is coaching the JV Boys and Frosh-Soph Girls teams at Berean Christian HS in Walnut Creek. She has also been an assistant coach for Girls 14's and Boys 17's age group at BAVC.

Jennifer's excited that she is back in the gym and can share her love of the game with all of the players she comes in contact with. She has a passion for teaching younger players that strong fundamentals and a good work ethic can carry them through their years of playing and beyond.

#### AMANDA MALLARD – ASSOCIATE COACH 14WHITE

Amanda is joining Xceleration for her 2nd season of coaching club volleyball. By joining Xceleration the Berkeley, CA native continues her 15-year journey as a coach altogether. After graduating from Albany HS, Amanda began her collegiate volleyball career at Laney College. During her two years at Junior College, she was a two-time First Team All-Conference player and was awarded Best Defensive Player and MVP. She completed her college career overseas, playing for the University of Galway in Ireland, where the Irish Volleyball Association awarded her Best Defensive Player.

Amanda said this about coaching, "My goal is to bring out the best in each player by creating an environment that cultivates high self-esteem. I want the players to approach life like they approach the court, with great confidence. As a 15-year swimming coach, it was my job to break down the fear that often deteriorates the building blocks of success. My job is to empower my players to believe in themselves and for them to see that on the other side of fear is their wildest dream achieved."

**Team Parent/Liaison:** TBD

Madison	Andrada
Ariana	Berjis
Alexis	Chaput
Eva	Chevalier
Lucy	Fortier
Greta	Kenderski
Brianna	Liu
Ella	Macchi
Gwen	Santo Domingo
Shayla	Shishehgar
Palak	Thind



## MEET OUR TEAMS: 15 Blue

### Leslie Ray, Rochelle Alonsabe & Deo Boongaling

# 15



#### LESLIE RAY – HEAD COACH 15BLUE

Leslie returns to Xceleration for her 10th season with the Club. Leslie was a starting Libero at Cal State University East Bay (CSUEB) for two seasons before graduating with a degree in Child Development. Prior to CSUEB, Leslie attended Golden West JC and prepped at Long Beach Poly HS, where she was a high school All-American. Leslie played six seasons of club volleyball with the prestigious Mizuno Long Beach VBC. A fierce competitor on the court, Leslie brings a love of the game to her coaching. She is an excellent student of the game and is able to convey both the skill and passion to her players.

Leslie is currently the head coach of the Miramonte HS women's JV volleyball team in Orinda, CA.

#### ROCHELLE ALONSABE – ASSOCIATE COACH 15BLUE

Rochelle joins the staff in her 2nd year with Xceleration. The Vallejo, CA resident has been involved playing and coaching volleyball for nearly 20 years, starting at Jesse M. Bethel HS as middle front and all-around in the back row for the Jaguars, where she received Rookie of the Year honors in her sophomore year on the Varsity team. In club volleyball, Rochelle played left side and right side as a second setter and dominant left hitter. After high school, Rochelle attended Laney College in Oakland, CA and also continued her path playing volleyball. After graduating from Laney, Rochelle's volleyball coaching career started at Club Solano and also at Rodriguez HS in Fairfield, CA for the freshman team. Recently getting back into the game, Rochelle is coaching the freshman team at Will C. Wood in Vacaville, CA and now begins her journey with Xceleration.

Rochelle said, "The most motivating thing about coaching is the lives and mindset impacted that you have changed as a coach – being able to influence young minds to being great, successful, diligent, and assertive, allowing them to show their leadership skills and building and trusting relationships with my parents and players, so that they feel safe and also challenged to become better."

#### DEO BOONGALING – ASSOCIATE COACH 15BLUE

Deo is entering his 3rd year as a coach for Xceleration. Prior to coaching here, he was an undergraduate assistant coach for the Cal State East Bay women's volleyball team. Deo grew up 20 minutes away from Martinez, in Vallejo, and graduated from St-Patrick's - St Vincent's HS, where he played 3 years of varsity volleyball before moving on to play at San Diego City College. During high school, Deo also played 2 years of competitive club volleyball for Diablo Valley VBC.



#### Team Liaisons/Reps:

35	Olivia	Apelado
4	Ava	Berry
14	Maya	Fowler
2	Kate	Gonzalez
12	Rylan	Maile
3	Jaida	McAllister
13	Gabrielle	Muller
8	Adrienne	Nicolas
10	Danica	Pagtakhan
24	Sohni	Peaker
26	Amanda	Ret
7	Gianna	Seydel
18	Sierra	Worster



## MEET OUR TEAMS: 15 White Maynard Patacsil, Owen Uresti & Jhoanna Rollins

# 15

### MAYNARD PATACSIL – CO-HEAD COACH 15WHITE

Maynard joins the club with 10 years of coaching experience, seven of which is at the Club Level. Born and raised in San Francisco and currently a Vallejo resident, Maynard is married with two girls and employed full-time in Contra Costa County, while also running the volleyball program at Benicia HS where he is the head volleyball coach for Boys and Girls Varsity, and assistant coach for the Boys and Girls JV teams, as well as the Frosh Girls team.

Maynard was introduced into volleyball during a P.E. class in middle school, he was instantly hooked and wanted to learn more. Growing up in San Francisco, he fondly recalls there weren't many volleyball programs available, so all he could do was watch the Olympics and World games. It wasn't until his eldest daughter joined the volleyball team at her school that he got a chance to participate in the sport again as a coach to develop young athletes, see them flourish, and excel into high school and beyond.

Included in his coaching experience is developing a volleyball program for a private school in Vallejo for 5th-8th grade. Before coming to Xceleration, Maynard coached at Club Solano in all coaching capacities for all age groups and at Vacaville Extreme 17's.

In his spare time, Maynard plays in an intramural volleyball league in Vallejo as a DS/Libero. Maynard has an A.S. Degree Law Enforcement and is working to get a B.S. in Business Management. He is certified in First Aid/CPR, AED, ASCC, and SafeSport.

Maynard said, "I love to see the growth of the players and to instill confidence just not through volleyball, but in life. I enjoy teaching the fundamentals and see the progress. If I could make a difference or impact a person's life, by giving them a chance to excel and feel confident, then I have succeeded as a coach."

### OWEN URESTI – CO-HEAD COACH 15WHITE



7	Mia	Brown
25	Dani	Choulos
21	Natalia	Estrada
3	Leila	Hicks
8	Kealii	Hin
5	Winter	Jones
22	Genna	Kozina
1	Lily	Manning
4	Gianna	Miller
12	Believe	Palma
15	Jadyn	Sanchez
TBD	Elise	Vansant



## MEET OUR TEAMS: 15 White Maynard Patacsil, Owen Uresti & Jhoanna Rollins

# 15



### JHOANNA ROLLINS – ASSOCIATE COACH 15WHITE

Jhoanna joins Xceleration for her 2nd year after a successful 16-year club and high school coaching career. She has coached JV at St. Patrick-St Vincent HS for three years, JV at Rodriguez HS for four years, and Club Solano for 16 years for ages 13s,14s, and 15s.

Originally from the Philippines, Jhoanna played for Cavite City National HS and Solano College as an Outside Hitter/Middle Blocker. During high school, she was “Athlete of the Year” for all four years. Jhoanna currently resides in Fairfield, CA with her husband James and their three children and is also a coach at Solano College.

Jhoanna loves to coach! She said, “I fell in love with volleyball at 13 and I like to share the knowledge of volleyball, the commitment, the discipline, the responsibility, the respect, the friendship, the love of playing, and more... are the heart of volleyball, so I want the girls to fall in love with volleyball, too. I just love coaching!”



**Team Liaisons/Reps:** Matt & Gina Miller



## MEET OUR TEAMS: 16 Blue Ruth Lawanson & Todd Ajari

# 16

### RUTH LAWANSON – HEAD COACH 16BLUE

Ruth Lawanson has been involved with volleyball for over 40 years as a player, coach and clinician. She has coached at University of Nevada, US Air Force Academy, Fresno State, Angelo State and Purdue University. In her career, she has helped coached 25 all-conference players, one all-region selection and an American Volleyball Coaches Association honorable-mention All-American. She has also helped mentor 90 academic all-conference student athletes.

A setter and hitter during her career she was a member of the 1992 U.S. Olympic team that won the bronze medal in Barcelona. She spent four seasons with the U.S. National Team, playing on the 1991 World Cup squad that earned a bronze medal in Japan and the 1990 World Championships team that won a bronze medal in China. She was also honored with the national team's 1991 Judy Bellomo Players Award and won a gold medal with the 1992 U.S. Olympic Festival West Region team.

Prior to her time on the national squad, Lawanson played with the Dallas Belles and the Minnesota Monarchs of the Major Volleyball League from 1987-89. She was the league MVP in 1988 and earned USVBA All-America honors with the national champion Chrysler Californians club team in 1989. She resumed her professional career in 1992, playing three years in Italy and France.

At the collegiate level, Lawanson was one of the greatest players in Fresno State history, becoming the first Bulldog ever to earn NCAA Division I All-America honors as a senior in 1984. She was a three-time team MVP for the Bulldogs (1982-84) and her name still appears in several categories in the Fresno State record book. As a senior in 1984, Lawanson guided the Bulldogs to a 26-13 record and a fifth-place finish at the NCAA Tournament. For her efforts she was named NorPac co-Player of the Year, first-team All-NorPac and earned All-Northwest Region honors. At the conclusion of her stellar Fresno State playing career, Lawanson became the first female athlete in the history of Fresno State to have her jersey retired. She was also the first athlete in a sport other than football and only the fourth athlete overall to receive that honor from Fresno State. Her other Fresno State accolades include the 1984 Rosa Parks award and designation as the 1984-85 Female Athlete of the Year. A member of the Fresno Athletic Hall of Fame, Clovis Unified Hall of Fame and the Clovis West High School (Calif.) Wall of Fame, Lawanson was also named one of Fresno State's Top 25 Greatest Athletes and one of the Central Valley's Top 25 Greatest Athletes of the 20th Century.

She has served as a member of the Board of Directors of the American Volleyball Coaches Association and continues to pass on her expertise at a number of volleyball camps and clinics around the country. In prior club seasons, Ruth's team won the 2021 NorCal Winter Classic Tournament and finished 17th out of 125 at AAU's.



1	Fiona	Anderson
10	Kate	Antonova
12	Kate	Brown
14	Emma	King
4	Milan	Maycock
20	Feau	Saluni
5	Mia	Shadic
31	Ella	Szyrko
3	Natalie	Wojnakowski



## 16 Blue: Ruth Lawanson & Todd Ajari

# 16

### TODD AJARI - ASSOCIATE COACH 16 BLUE

Todd enters his 5th season with Xceleration after coaching 17Blue, 16Blue, 16White, and 14Blue in prior seasons. Originally from Hawaii, Todd is now a Benicia, CA resident where he has coached at the club, and high school girls JV and Varsity teams at Benicia HS and assistant boys Varsity at College Park HS where the team in 2022 won the North Coast Section Division I championship and entered into the State playoffs. As an assistant coach, Todd has taken two of his club teams to Junior Nationals in Minneapolis in 2017 and Detroit in 2018. Todd has also coached fast-pitch softball, baseball, and wrestling.

In high school he played two years on Varsity and one season of club. He was an All-League setter his second year. As an adult he played men's club for several years before playing for the U.S. Air Force team, in his final year he made the All Armed Forces team as a setter. He continued to play club and tournaments during and after the military. The last tournament he played in was 2019 Men's Nationals U45 and U50.

Todd said, "I enjoy coaching sports in general because I like the challenge of finding ways to communicate with individual players and teams, so they are able to understand and perform better. I put a lot of effort into volleyball as a player and I like to share my experience to help other players improve and develop passion as an athlete and for volleyball." His favorite athletes are Brandon, Amanda, and Dayna Ajari.

**Team Liaison/Rep:** Lisa Brown

**Bottom right photo:** Coach Todd looks on as Coach Ruth reviews 16Blue paperwork at Signing Night.



**Bottom photos:** Coach Todd visits UC Merced to watch two former Benicia HS and Xcel graduates **Alyssa Dudley (#24)** and **Bella DeLeon** (Providence Christian College).

Not pictured is Xcel Class of 2019's **Jalen Carey**, also playing at UC Merced.



## MEET OUR TEAMS: 16 White Greg Ginsburg, Allan Alberto & Kaitlynn Zdroik

# 16

### GREG GINSBURG – HEAD COACH 16WHITE

Greg returns to Xceleration for another stint of coaching with the club. The Reno native has lived in the Bay Area for a long time and confesses that he has coached “since dinosaurs roamed the earth” or since he was just out of college... oh so 35+ years ago. In addition to coaching club volleyball at Elite (LA) and Xceleration, Greg also has club and high school basketball and volleyball coaching experience at Salesian College Preparatory in Richmond, CA and St Mary's College High School in Albany, CA. Greg played a bit of both volleyball and basketball in college; generally enjoying his time on the bench (!). He earned a BS in Ecological Science (i.e., Biology/Environmental Biology) as a Cal undergraduate and an MBA in Marketing at Cal State University East Bay. Greg has also completed executive programs at Stanford for supply chain strategy and at Wharton for negotiation strategy. He currently leads the supply chain function at Smart Sweets, a nutritional snack food company.

Coach Greg said this about coaching volleyball, “I love it when we learn something together and then execute it on the court.”

### ALLAN ALBERTO – ASSOCIATE COACH 16WHITE

In his 3rd year with Xceleration, Allan's 30 years of volleyball experience began in his hometown in the Philippines. Allan started his collegiate volleyball career at National University in the Philippines, playing the middle and right position. He was a member of the Philippine National Team in 2002, 2004, and 2005 and competed internationally in Fukuoka, Japan, in 2002. Allan also became a member of the Philippine Air Force Volleyball Team and was the Philippines' National Open champions from 2005 to 2007.

Allan started his volleyball coaching experience as the Head Coach of Asian College of Science and Technology in the Philippines from 2004 to 2006. He was the Assistant Coach for the Philippine Air Force from 2004 to 2006 and National University in the Philippines from 2006 to 2008. When Allan arrived in California, he joined Club Solano and was one of the Head Coaches, coaching the Girls 15's, 16's, and 17's age group from 2017 to 2020. Now, Allan is excited to be one of the most recent additions to Xceleration.

Allan loves and is very passionate about Volleyball. He enjoys teaching players the fundamentals of the sport and fostering the importance of hard work, determination, and teamwork. His goal is to share his talent and experience with younger players to inspire them to develop their skills and passion for Volleyball.

### KAITLYNN ZDROIK – ASSOCIATE COACH 16WHITE

Coming soon!

**Team Liaison/Rep:** Kate Canova



11	Manizha	Ahmady
4	Olivia	Canova
14	Trinity	Harris
30	Hoda	Hekmat
2	Addison	Jones
TBD	Ianna	Lobao
7	Erin	Mendoza
10	Claire	Mercer
16	Adrienne	Morris
5	Brooke	Parker
77	Emma	Romweber
1	Anna	Ryan
19	Sofia	Swett



## MEET OUR TEAMS: 17 Blue

### Leslie Ray, Lucas Abbott & Kayla Coleman

# 17



#### LESLIE RAY – CO-HEAD COACH 17BLUE

Leslie returns to Xceleration for her 10th season with the Club. Leslie was a starting Libero at Cal State University East Bay (CSUEB) for two seasons before graduating with a degree in Child Development. Prior to CSUEB, Leslie attended Golden West JC and prepped at Long Beach Poly HS, where she was a high school All-American. Leslie played six seasons of club volleyball with the prestigious Mizuno Long Beach VBC. A fierce competitor on the court, Leslie brings a love of the game to her coaching. She is an excellent student of the game and is able to convey both the skill and passion to her players.

Leslie is currently the head coach of the Miramonte HS women's JV volleyball team in Orinda, CA.

#### LUCAS ABBOTT – CO-HEAD COACH 17BLUE

Lucas returns for his 11th season with Xceleration and has coached or played volleyball at a high level for over 25 years. Since 2017, his teams have always finished top 10 (Gold) in league play in both the NCVA's Power League and most recently the newly formed WCVBA. In this most recent six-year span, his teams have earned multiple GJNC bids and, in 2018 his 15Blue team finished Top 5 in the Open Division at the AAU Girls' Nationals in Orlando. As a coach, he prides himself not only on his teams competing at a very high level but also having fun while doing so and running fast-paced practices with lots of positive feedback for his players.

*(Continued on the next page)*

5	Karis	Bishop
21	Jada	Cuffie
12	Charlotte	Eirich
15	Brenna	Gleason
9	Abigail	Gratteau
6	Hannah	Hetrick
33	E'mon	Irving
4	Schelby	James
3	Jackie	Lee
24	Emma	Spencer
7	Madison	Thomas
TBD	Zepora	Tia
17	Mackenzie	West



## MEET OUR TEAMS: 17 Blue

### Leslie Ray, Lucas Abbott & Kayla Coleman

# 17



Lucas was a Middle Blocker and All-League performer at Las Lomas HS in Walnut Creek, CA before heading off to play D1 volleyball at Humboldt State University in Arcata, CA. While at Humboldt, Lucas was the team's starting Middle Blocker for four seasons and team captain his last two seasons, leading the squad to Nationals twice. His playing career continued until 2013, culminating with a season playing professionally with the PVL/NCVA's NorCal Premier. Lucas is currently Girls' Varsity Head Coach at Berean Christian HS in Walnut Creek, CA. He has taken his team to the NCS playoffs in each of his eight seasons as the Head Coach including making it to the CIF State playoffs three times and winning the D5 State Championship in 2022. He has also served as the assistant coach for the PVL/NCVA Men's NorCal Premier in previous seasons.

Away from volleyball, Lucas has dedicated his 20+ year professional career to youth development, which he incorporates into his coaching. He is the program director for a youth mentoring outreach program at the University of California Berkeley's Haas School of Business, called Boost@BerkeleyHaas

#### KAYLA COLEMAN – ASSOCIATE COACH 17BLUE

Kayla returns for her 10th season with Xceleration. Kayla has assisted coaching the 13White, 15Blue, 16Blue, and 17White teams during her previous seasons with the club. Kayla graduated from Holy Names University (HNU) in Oakland where she was the starting Libero for the volleyball team for three seasons. During her career at HNU, Kayla made the All-Conference team twice and was selected Libero of the Year in her senior season. The Turlock native was her league MVP for two years in high school. Kayla received her professional doctorate degree in pharmacy and is a registered pharmacist.



**Team Liaison/Rep:**  
Serena James

## MEET OUR TEAMS: 17 White Andrew Randolph & Maynard Patacsil

# 17

### ANDREW RANDOLPH – HEAD COACH 17WHITE

Andrew is now in his 6th year of coaching and has done so for multiple high school and club teams. He began coaching in 2017 for Belltown VBC in Riverside, CA for their 12's, 13's, 14's, and 16's. Shortly after, he moved on to coach the Girls' Frosh, JV, and Varsity teams for the 2019 season at Southlands Christian Schools in Rowland Heights, CA, as well as the Boys' team for Martin Luther King High School in Riverside. Andrew is entering into his second season coaching the JV team at Will C. Wood High School in Vacaville, CA. He is also joining Vacaville Christian High School as an associate coach for both the girls' and boys' teams during the upcoming seasons. Andrew helped coach the 16White team for Xcel last season and looks forward to coaching the 17White team for the 2022-2023 season.

Andrew played High School Volleyball for Berean Christian High School in Walnut Creek, CA from 2010-2014 as the team's starting Libero. He also played three years as an Outside Hitter and Libero for Diablo Valley Volleyball Club (DVVC). He earned DVAL Honors all four years including Honorable Mention his Freshman year, 2nd Team All-League Sophomore and Junior years, and 1st Team All-League Senior year. From 2014-2017, Andrew attended California Baptist University (CBU) in Riverside, CA and graduated with his Bachelor's in Psychology with a Minor in Coaching. He then remained at CBU for the 2018-2019 school year and earned his Master's degree in Sports and Performance Psychology. He has worked with a multitude of high school and college sports teams including Cheer, Golf, Basketball, Volleyball, and Soccer as a Mental Performance Coach. Andrew currently works as the Middle School Physical Education teacher for Vacaville Christian Schools. Andrew's goal is to gain as much experience as he can working among high school student athletes, and desires to be one of the first to work solely with high school athletes in the mental game capacity. Helping athletes learn to set goals for themselves and work diligently to find success is what Andrew is most passionate about and will continue to work towards as he builds his career surrounding athletics.

### MAYNARD PATACSIL – ASSOCIATE COACH 17WHITE

Maynard joins the club with 10 years of coaching experience, seven of which is at the Club Level. Born and raised in San Francisco and currently a Vallejo resident, Maynard is married with two girls and employed full-time in Contra Costa County, while also running the volleyball program at Benicia HS where he is the head volleyball coach for Boys and Girls Varsity, and assistant coach for the Boys and Girls JV teams, as well as the Frosh Girls team.

*(Continued on the next page)*



3	Bella	Attia
TBD	Mika	Bocobo
2	Mia	Iams
6	Marina	Miller
13	Natalya	Modawar
7	Tyler	Nicholas
9	Jessica	Patacsil
4	Monique	Plummer
5	Jade	Profilio
TBD	Ayana	Ruffin
1	Lila	Siale
12	Gia	Stassi
10	Maddy	Whitaker



## MEET OUR TEAMS: 17 White Andrew Randolph & Maynard Patacsil

# 17



Maynard was introduced into volleyball during a P.E. class in middle school, he was instantly hooked and wanted to learn more. Growing up in San Francisco, he fondly recalls there weren't many volleyball programs available, so all he could do was watch the Olympics and World games. It wasn't until his eldest daughter joined the volleyball team at her school that he got a chance to participate in the sport again as a coach to develop young athletes, see them flourish, and excel into high school and beyond.

Included in his coaching experience is developing a volleyball program for a private school in Vallejo for 5th-8th grade. Before coming to Xceleration, Maynard coached at Club Solano in all coaching capacities for all age groups and at Vacaville Extreme 17's.

In his spare time, Maynard plays in an intramural volleyball league in Vallejo as a DS/Libero. Maynard has an A.S. Degree Law Enforcement and is working to get a B.S. in Business Management. He is certified in First Aid/CPR, AED, ASCC, and SafeSport.

Maynard said, "I love to see the growth of the players and to instill confidence just not through volleyball, but in life. I enjoy teaching the fundamentals and see the progress. If I could make a difference or impact a person's life, by giving them a chance to excel and feel confident, then I have succeeded as a coach."

**Team Liaison/Rep:** Anne Marie Whitaker



## MEET OUR TEAMS: 18 Blue

### Andy Schroeder, Jeremy Swann & Taylor Dixon

# 18

#### ANDY SCHROEDER - CO-HEAD COACH 18BLUE

Andy is entering his 15th year with Xceleration and 18th year as a club volleyball Head Coach. Prior to joining Xceleration, Andy spent four seasons coaching at Odyssey VBC and NorCal VBC. As a player, Andy played D-1 volleyball for Cal Poly San Luis Obispo. He was an AA-ranked beach volleyball player and, in 2007 was voted into the Seaside Beach Volleyball Hall of Fame. In 2015, Andy was named a finalist for the PrepVolleyball.com National Club Coach of the Year. In the last 13 years, Andy has coached Xceleration's 18Blue teams that have consistently qualified for the USA Volleyball (USAV) Junior National Championships, with three teams finishing in the Top 5 in 2010, 2012, 2013, and 2017. During his coaching career at Xceleration, nearly 200 of his former players have gone on to play in college.

#### JEREMY SWANN - CO-HEAD COACH 18BLUE

Jeremy is owner of the Xceleration Volleyball Club. He is in his 15th season at Xceleration and in his 19th season of coaching junior girls' volleyball. Jeremy returns this season to coach with Andy Schroeder for 18Blue. It will be their 12th year of coaching this team together. Before joining Xceleration, Jeremy was the Head Coach at Monte Vista HS in Danville for two seasons and led his teams to North Coast Section (NCS) appearances each season. Jeremy played volleyball at St. Mary's College in Moraga, CA and soccer at Cal State East Bay in Hayward, CA.

#### TAYLOR DIXON – ASSOCIATE COACH 18BLUE

Xceleration alumnus Taylor has played volleyball for over 10 years, including two years with Xcel. Taylor earned a scholarship to play at Cal State San Marcos as an outside hitter for the Cougars. There she earned her BA degree in Liberal Arts, with an emphasis in Sociology. Taylor also obtained her teaching credential from CSU San Marcos and currently teaches 2nd Graders. Taylor prepped at Liberty High School in Brentwood, CA through 2016, where she was on varsity volleyball all four years and earned First Team All-East Bay for two years in a row. Last season, Taylor kept a busy competitive volleyball schedule, serving as an assistant to both the 14s and 17s teams.

Taylor said, "I look forward to coaching and being a part of the Xcel family once again!"

**Team Liaison/Rep:** Taylor Dixon



30	Lauren	Atis
10	Annika	Blas-Cedeno
11	Olivia	Cooper
22	Breanna	Davis
9	Kennedy	Fabian
7	Kate	Giang
25	Marley	Harrison
12	Camryn	Hirst
8	Ryann	Jones
16	Madison	Low
15	Makenzie	Ravera
6	Aunyka	Uresti
3	Olivia	Wiseman



## MEET OUR TEAMS: Staff

### **NORMIE PINEDA – TRAVEL COORDINATOR**

Normie makes team travel arrangements for Xceleration. She has been part of the Xceleration family since 2010 when her daughter Dana started her club volleyball career. You will often see Normie cheering for our teams at tournaments and will be keeping our teams organized with respect to tournament travel.

### **TOMAS PINEDA – MEDIA & PHOTOGRAPHY**

Tomas came to Xceleration in the 2010 season when his daughter, Dana, began her club volleyball career. During the six seasons that Dana competed for Xceleration, Tomas shared his photography with the club, visiting court-side with teams during tournaments. After Dana graduated in 2015, Tomas stayed on to continue taking photographs for Xceleration. You will see him at tournaments capturing court action while cheering for our teams, documenting other club events, and collaborating with Xcel's Media & Communications Director to produce visual and print media for the club. His digital images of teams and athletes are made available to Xceleration families free of charge.

### **JOHN DAVID – MEDIA & COMMUNICATIONS**

John has been affiliated with Xceleration since 2011 when his daughter Sam joined the club, and ever since the media team was created in 2013, he has become the club's historian, archiving and reporting highlights and accomplishments of its current and former athletes. John also supports the club's various online registration and communications needs, such as content development for and management of its website, presence in social media circles, creation of marketing and digital materials, and publication of the club's monthly newsletter, XCELLent NEWS, which currently is in its 10th season.



# Learn Practice Improve

## Deliberate Practice: The Path to Improvement

BY KARCH KIRALY

Originally published in Volleyball USA

When it comes to practice, it's not enough just to have a pulse and show up at the gym.

You're probably thinking, "Duh, Karch, I knew that." But I say it to emphasize the point that there's a big difference between just clocking in and clocking out, and engaging in purposeful practice.

In the book "[Outliers: The Story of Success](#)," author Malcolm Gladwell writes about factors that lead to high-level achievement and examines the 10,000-hour principle, which is based on a study by Swedish psychologist Anders Ericsson. After the book was published in 2008, this principle was widely misinterpreted. Many saw it as validation that you can become a world-class performer in your profession after 10,000 hours of practice. Not so.

The point was that achieving mastery or near mastery only happens after thousands of hours doing deliberate practice. That's very different, and the distinction is one that was recently addressed in the book "[Peak: Secrets from the New Science of Expertise](#)," which was co-authored by Ericsson.

As it relates to volleyball, practice that isn't deliberate doesn't do much to improve your game. If you mindlessly forearm pass 20 easy tosses, there's no challenge and no real benefit. It might feel good that you passed them perfectly, but that's about it. To really improve, your training needs to include the following:

- **Goals**
- **Intense focus**
- **Pushing yourself out of your comfort zone**
- **A way to measure your improvement**
- **Feedback from a coach or teammate**

### Getting Feedback While Setting Goals

Feedback might come from a coach, but you can also get it from another player. Pick a teammate, tell him or her what you're working on, ask them what they're working on, and then give feedback to each other throughout practice. Training partners serve two good purposes: they help you maintain your motivation and your focus.

People who visit USA practices see how purposefully our players attack each activity. Anybody who watches our passers practice, like **Jordan Larson** or **Kim Hill**, is likely to see them repeat their action without the ball to reinforce what they've done right – or correct what they are trying to improve. Either way, they are dialed in and intensely focused on what they're doing.

*(Continued on the next page)*



[Photo Galleries](#)

Courtesy of Tomas Pineda

## Deliberate Practice: The Path to Improvement

When working on a single skill like passing, our athletes often set very specific goals. In the case of passing, a national team player might aim to stand in against a certain number of high-level serves and get eight out of 10 on their sweet spot. (A club or high school player might set a lower standard – maybe four out of 10.)

The sweet spot, as you probably know, is the forearm area between the wrist and elbow. Ideally, the ball should hit both arms equally, not more of one than the other. Getting the ball on your sweet spot sometimes involves taking it at shoulder height and to the side, outside your body line.

Great passers have to build proficiency contacting the ball on their sweet spot no matter where the serve goes: deep or shallow, high or low, far away or close – not just near their bellybutton.

A great testimony to the value of deliberate practice was seen a few years ago when a music study was conducted in Japan with 24 children between the age of 2 and 6.

Through a very structured practice schedule, they were taught “perfect pitch” – the ability to hear a sound and identify the key (for example, the difference between C and F#). For hundreds of years, people considered perfect pitch something you’re born with, not something that could be learned by the average child. Mozart, for instance, had it by age 7. In this study, every one of the 24 kids mastered it within a year and a half. That’s the power of deliberate practice.

With that said, you should understand that certain things will limit you no matter how well you practice. If you’re 4-6, you’re probably not going to make it to the NBA. If you’re 6-10, you’re probably not going to be a jockey. But the big picture is that you can achieve immense improvements in any skills with deliberate practice.

Practicing with purpose is the best, single thing you can do to reach your potential in volleyball or anything else you choose to pursue in sports or life.



[Photo Galleries](#)

Courtesy of Tomas Pineda

# What Coaches Really Teach

**By Elizabeth Bernstein,  
Wall Street Journal**

There is a special man who's changed my life recently, and he says these things to me:

***“You rock!”***

***“Great job in difficult circumstances.”***

***"You should be really proud of yourself."***

He's my scuba instructor.

A great sports instructor or coach builds us up, but also teaches us important lessons of emotional management, such as confidence, perseverance, resilience and how to conquer fear and anxiety. Many times, these lessons have a permanent impact on our mind-set and attitude well beyond the playing field.

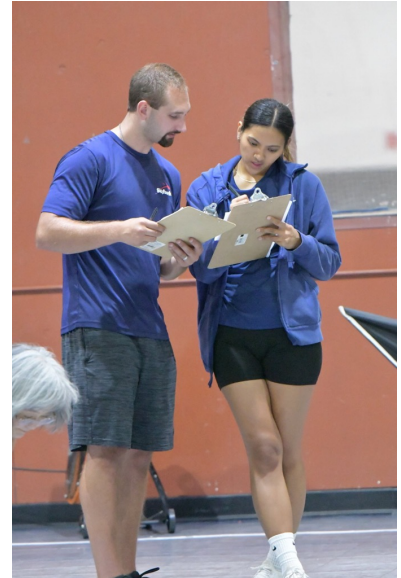
These teachings are often long-lasting, sports psychologists say, because sports are a microcosm of the larger world – with goals, competition, a game plan, results and feedback. Most people participate in a sport voluntarily, so they are open to learning. There is emotional intimacy and trust in a good coach-student relationship. And, perhaps most



important, the lessons are simple and immediately reinforced.

“If you have a golf club in your hand, your coach tells you to twist a little to your left to adjust your swing, you do that and it works, that is a very powerful lesson,” says Jack J. Lesyk, director of the Ohio Center for Sport Psychology, in Cleveland, and a performance psychologist for the Cleveland Cavaliers.

My high school horseback riding coach, a former U.S. Army cavalry veteran we called “Sarge,” who served in both WWII and the Korean War, repeatedly told me: “Look down and you are going to land on the ground. Look where you want to go.” That lesson, central to a number of sports, including golf, skiing and surfing, became a life motto for me,



## Photo Galleries

Courtesy of Tomas Pineda

## What Coaches Really Teach (continued)



reminding me to always look forward to my goals, to always look up with confidence.

What major lessons have others learned from sports? I asked around and here is what I heard:

### Remember your seat.

Amy Starin, 53, took up competitive rowing with the Chicago Rowing Foundation after going through treatment for breast cancer. She learned from her coach to focus on her role within the larger team she supports. Her coach stresses teamwork and individual contribution, she says, and repeatedly tells the rowers: “Every seat has a job that no one else in the boat can fill. Remember your seat.”

Ms. Starin says this advice has helped her understand that her role on any team, whether in a rowing shell, a work meeting or her family, is to do her part as well as possible and focus on her performance and development, not the strengths and weaknesses of others. “The assumption is that if the boat is not doing well there has to be

something I can do better in my seat to contribute to the outcome,” she says.

### Fence to fence, not to win.

Jenny Dorsey was a competitive fencer as a teenager, competing in the national circuit, the North American Cups and the Junior Olympics. After she lost an important match 15-14, angrily tore off her gear and was crying on the sideline, her coach, whom she considered “a father figure,” asked: “Were you fencing to fence or were you fencing to win? Because if you’re fencing to win you never will.”

Jenny Dorsey was a fencer and competed in the Junior Olympics as a teen. She learned to focus less on winning and more on personal achievement from her coach.

Ms. Dorsey says she learned that day that passion, growth and accomplishment are the real spoils of victory – and it is impossible to get anywhere without them. “In fencing and in life, if you only drive toward an end result without loving and acknowledging the journey you



[Photo Galleries](#)

Courtesy of Tomas Pineda

## What Coaches Really Teach (continued)

will never win,” she says. “Even if you do, that win is only an empty shell because you’ve traded in substance for a trophy.”

### Fatigue will not be a factor.

Brandt Johnson played basketball at Williams College in Williamstown, Mass., and later as a member of the Harlem Globetrotters opposition team and professionally in Europe. At Williams, he says, his coach made the players practice sprints over and over, sometimes nonstop for hours, calling out: “Fatigue will not be a factor in our performance.”

“He wanted us to have our bodies and minds conditioned so we were less likely to get tired,” says Mr. Johnson, 50, who co-owns a communication-skills training firm in New York with his wife. “While we may have limitations as an athlete or a person doing what we do, if we’re prepared, these things won’t stop us.”

Mr. Johnson says he used this advice as a young investment banker preparing analysis for his bosses,

when he decided to return to basketball after working in finance, and now when preparing to meet with clients of his business. Recently, while traveling to Florida to meet with 20 corporate executives for a three-hour training seminar he memorized all their names and bios on the plane. “The commitment to doing what has to be done for the task at hand has stayed with me,” he says.

### Be proud.

When Mike Seyfer opened the Gazette in Cedar Rapids recently, he was saddened to see the obit of his former high school basketball coach. That got him thinking about a frigid night in February 1964, when he was a sophomore and his team lost an away game in Moline, Ill., after being 15-1 for the year. After the players dejectedly piled onto the bus for the 75-mile ride back home, the coach climbed on, closed the door and shouted: “Get your heads up fellas! You all played a great game and competed to the final buzzer and I could not be more proud of you.”



[Photo Galleries](#)

Courtesy of Tomas Pineda

## What Coaches Really Teach (continued)



Mike Seyfer says he learned to follow through and complete tasks 100% from his high school basketball coach after a tough game in 1964. The retired investment adviser now coaches young baseball players.

His coach's advice to compete "100% and when the game, task, meeting or project is completed, be proud you gave it your best effort, win, lose or draw" has always stayed with him, he says.

"It's important going forward for your confidence and to be successful," Mr. Seyfer says. "If you always look in the rearview mirror, it will be detrimental for your performance in the future."

I've been scuba diving for three years, taking a number of advanced certification classes. When I was first learning to dive, I had a panic attack on the surface. I jumped off the boat into a big wave and, once underwater, thought the boat was going to slam

down on me. Within seconds, I had only two thoughts in my head: "I'm going to drown" and "I'm an idiot."

Luckily, my instructor, James Paddon – always unruffled and positive – was with me. He calmed me down by looking directly in my eyes and repeatedly telling me that I was OK. We finished the dive, and later discussed what happened and how to prevent a repeat. In midair, I had heard someone on the boat comment that the waves were "really, really big." At that moment, I started to tell myself very bad things.

Here's the lesson I learned from James that day, which I've since used in many other areas in my life, including when I'm on deadline or giving a speech to an intimidating crowd: You need to arrest a negative thought immediately, in midair. Remind yourself that you are competent and know what you're doing. Slow your breath.



[Photo Galleries](#)

Courtesy of Tomas Pineda



# Tips to Balance School and Volleyball this Season

By Liz Noelcke, Reprinted from SparkPeople, Inc.

It's that time of year again! Season has started and school is about to start kicking into high gear. It's an exciting part of the year, if not the most exciting, but with all the excitement also comes the stress of balancing everything that needs to get done in 24 hours. From practice to games, classes to homework, we all could use a few helpful tips to stay on top of school and volleyball this season! Christa Dietzen, Women's National Team Middle Blocker, sat down with us and shed some light into her top five ways of staying on top of things. Christa graduated from Penn State with a degree in Elementary Education after student teaching abroad at Yapton Elementary School in southern England her senior year.

## 1. MAKE TIME FOR SLEEP.

Sleeping recharges your body and mind, and it is essential for keeping up with the busy athlete schedule.



## 2. STAY IN THE MOMENT.

Focus is very important because you want to be able to perform your best on the task at hand. When in the moment, you can't let your mind wander about things that you still need to do, or things you should have been studying for the test you're currently taking. Being able to time manage and keep on task will well help you stay focused on the right things at the right times.

## 3. TAKE A BREAK.

Sometimes the outdoors and a good book are calling your name. When you've finally finished a big project or just got done with a long tournament, your body and mind need a break. Whether you like reading the latest best seller, catching up on Netflix or sitting on the couch and not moving for 12 hours, do something to let yourself recover.



## 4. DON'T SETTLE FOR JUST BEING GOOD.

"Whatever level you're at in volleyball or school, one thing is always certain: the next level is going to be more challenging. When you understand that, you also understand you're not really competing against other people as much as you are competing with yourself."

## 5. USE ALERTS.

When you have 14 things going on in one day, it is easy to forget at exactly what times you need to be where or that you have something to do at all. With alerts, you can set them an hour before the task, that way you have time to get ready and don't miss an obligation.



*This article was first published in SPIKE, which is available at iTunes App Store, but first you need to download the VolleyballUSA digital app – it's free – then you can get SPIKE.*



## 5 TIPS TO BALANCE VOLLEYBALL AND SCHOOL

### 1. Make time for sleep

"Shirking on sleep can negatively impact your play and your studies. Even though we all think we can run on three hours of sleep after pulling an all-nighter, that's simply not the case."

### 2. Stay in the moment

"Once the volleyball game begins, your full attention should be on what's happening in the practice or match, not about your five-page paper you have due the next day."

### 3. Take a break

"It's easy to get stressed with everything you have going on, but volleyball is meant to be fun, not stressful."

### 4. Don't settle for just being good

"Whatever level you're at in volleyball or school, one thing is always certain: the next level is going to be more challenging. When you understand that, you also understand you're not really competing against other people as much as you are competing with yourself."

### 5. Use alerts

"Set alerts on your phone for every meeting, practice, class, weights, traveling and matches. It will help you make sure you're on the right task and don't forget about anything."

# Nutrition & Fitness: Fueling for Success

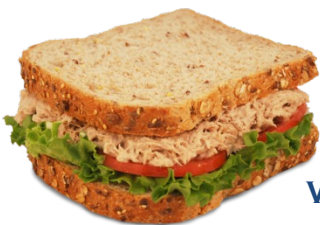
by Jill Daniels, MS, RD, CSSD

Eating well before practice is just as important as eating well before competition. If you are well fueled, you'll be better able to train hard, which means that you'll have an edge over the competition. Many athletes show up to practice without appropriate fuel on board, which results in muscle fatigue, inability to focus, lack of energy and difficulty working at higher intensities.

Fueling properly before practice can provide these benefits:

- **INCREASED ENERGY**
- **IMPROVED MENTAL FOCUS**
- **GREATER ENDURANCE AND STRENGTH**
- **HUNGER PREVENTION**
- **IMPROVED MOOD AND ATTITUDE**
- **DECREASED RISK OF INJURY**

One key component is to eat carbohydrates before you train. Carbohydrates are your body's main energy source and preferred fuel, especially for working at higher intensities. Protein and fat are also important, but since they take longer for your body to digest, make sure to allow time for that. Depending on your schedule, you may choose to eat four hours before practice, one hour before, or somewhere in between.



## WHEN TO EAT WHAT

Hours Before Activity	Calories	Examples
1	100-200	Banana or smoothie
2	200-400	Yogurt & graham crackers
3	400-600	Tuna sandwich & pretzels
4	600-800	Chicken with pasta & veggies



The closer you get to your practice time, the less food you want to eat. This way, food isn't sitting in your stomach weighing you down as you're training.

Every athlete's body is unique, and each athlete has individual goals and challenges. Customize these suggestions and portion sizes so that you're not hungry during practice, but you're also not too full with food jostling around in your stomach while training.

On competition day, stick with the foods, portions, and meal timing that you're familiar with. Once you've found something that works for you on training days, implement that for day you compete. Avoid trying new foods on these days since you don't know how your body will react. You don't want to risk being sidelined for stomach distress.

Eat well, play hard, and have fun!

*Jill Daniels, MS, RD, CSSD is a Registered Dietician in the Bay Area who specializes in sports nutrition and weight management. She works with people of all ages. Visit the web at [JillDanielsRD.com](http://JillDanielsRD.com)*

Reprinted from *SportsStars Magazine*.



**Nutrition habits before  
practice just as vital as  
before a game**



# A Brief Introduction to Sports Psychology

By 17White Coach Andrew Randolph

*In upcoming issues of **XCELLent News** we will feature articles from 16 White coach Andrew Randolph that leverages his expertise in the world of sports psychology and will supplement his discussions with the 15-18 teams. Coach Andrew graduated from California Baptist University (CBU) in Riverside, CA. After receiving his Bachelor's degree in Psychology, with a Minor in Coaching, he then remained at CBU for the 2018-2019 school year and earned his Master's degree in Sports and Performance Psychology.*



The world of athletics is growing faster than ever, even with the recent setbacks in 2020. All those involved are seeing increased opportunities in "leveling up" their game, as the next phase of sports performance seems to pass by each year.

For many years, sports have been a part not only of our history, but also of our daily lives. The act of physical conditioning in preparation for any sort of athletic/physically demanding experience has grown and become more than a norm for many individuals at each level of sport competition.

Typically, progression in the sports world has to begin at the professional level. In any sport, those athletes and coaches who have been to all stages of the game already are the ones who best know how to further the competition and bring about more well-rounded athletes than may have been overly present in years past.

Once the success of these new strategies hits and is seen as essential progress, Division 1 and 2 colleges pick it up, followed by lower divisions and JCs, and finally clubs and high school with some overflow to younger age groups.

For the past decade, the world of sports psychology has been tried and tested and has made significant headway in not only the world of athletics, but also in many growing businesses (restaurants, first responders, theater, military, and a variety of companies). The techniques utilized for this specific program of growth and mental development are ones that have been proven to work and, in some cases actually necessary.

Russell Wilson, Kobe Bryant, Tom Brady, Michael Phelps, Jenny Rissveds, Kevin Love, Steph Curry, and Kerri Walsh Jennings are some (former) professional athletes you may have seen as being activists for the success they have seen due in part to mental training. 6-time NBA Champion Michael Jordan describes successful preparation as needing to be "80% mental".

Right now, there is a growing need and demand for mental performance coaches and consultants. While each person can benefit from the services of a mental health professional, not everyone may feel the need to adapt at their current level of play.



[Photo Galleries](#)

Courtesy of Tomas Pineda



However, as the world of sports performance and competition continues to grow, sooner or later certain changes are going to be almost required in this ever-progressing world of athletics. So, those athletes wanting to keep up or get ahead of the competition should consider what the future holds for sports performance development.

Listed on the right are just a few of the major topics for mental health related to athletic performance and overall wellness of an individual.

- **Focused Improvement**
- **Increased Confidence**
- **Stress Relief**
- **Team Cohesion**
- **Successful Goal Setting**
- **Balanced Motivation**
- **Positive Self-Talk**
- **Injury Rehabilitation**
- **Visualization and Imagery**
- **Turning Anxiety to Aggression**
- **Controlled Breathing during Competition**



## GUIDING PRINCIPLES OF A HIGH PERFORMANCE MINDSET

GROW		PERFORM		LEAD	
COACHABILITY	"Open to learn"	CONCENTRATION	"Target focused"	IDENTITY	"Define yourself"
ATTITUDE	"It's a choice"	CONTROL	"Manage your energy"	CONNECTION	"Bridge the gap"
MOTIVATION	"Know your why"	CONFIDENCE	"It starts with you"	COMMUNICATION	"To the point"
READINESS	"Prepare with purpose"	COMPOSURE	"Choose to respond"	INSPIRATION	"Light the fire"
ADAPTABILITY	"Find a way"	CONSISTENCY	"Repetition builds habits"	EMPOWERMENT	"Let 'em go"

[Photo Galleries](#)

Courtesy of Tomas Pineda

# 2 Steps to Improve Mental Resilience for Volleyball Athletes

By 17White Coach Andrew Randolph

Volleyball athletes' mental resilience has been tested this year in more ways than one. With the season put on hold, games cancelled last minute, teammates in quarantine, we've had to shift, adapt and change almost daily. If we are not in the right state of mind before these changes happen, how do we mentally handle these shifts and changes with ease and keep our eyes on our overall goals? Characteristics of a resilient athlete are:

- **Just do it / can do attitude**
- **Controlled responses**
- **Calm under pressure**
- **Strong**
- **Just keep going**

The term resilience means: *"the capacity to recover quickly from difficulties; toughness"*

Becoming mentally resilient takes practice. It's not something that you just have. You have to train yourself to be resilient and constantly work on it.

**Here are two steps to improving your mental resilience to improve your volleyball performance:**

## #1 Train your state of mind

Your attitude towards change and the unknown is the first step. What is your attitude when a big change walks into your life? Do you handle it with grace and ease or do you freak out completely and stress out everyone else around you? There is not one right way to handle every situation. We all need tools and resources to help us get to our resilient state of mind. We need support from others and we need accountability.

## #2 Meditate

Meditation helps slow down our racing thoughts. It has been proven to be a key tool to promote resilience. Meditation reduces stress and allows us to adapt to rapidly changing circumstances. If you're ready to start improving and focusing on your resilient mindset, join us for a 10-day meditation on building a resilient mindset.



[Photo Galleries](#)

Courtesy of Tomas Pineda



# ***Xcel Grads On 2022 ROSTERS***

## **Xcel Class of 2022**

### **1<sup>st</sup> Row, L to R:**

**Colbie Atlas**

University of  
Massachusetts, Boston

**Rebekah Christensen**

Cal State Dominguez Hills

**Alyssa Dudley**

UC Merced

### **2<sup>nd</sup> Row, L to R:**

**Bella de Leon**

Providence Christian  
College

**Jayna Marie Lorenzo**

CUNY Queens College

**Ilyssa Ocampo**

Westmont College

### **3<sup>rd</sup> Row, L to R:**

**Kendall Rogers**

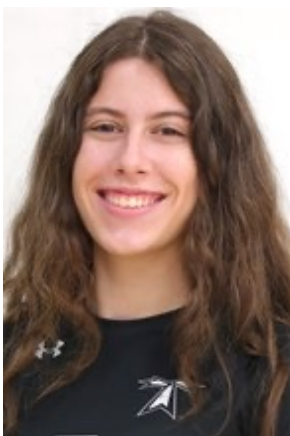
UC Davis

**Tui Saluni**

College of San Mateo

**Lauren Whyte**

CSU Dominguez Hills





# ***Xcel Grads On 2022 ROSTERS***

## Xcel Class of 2021

### **1<sup>st</sup> Row, L to R:**

**Angela Atis**

Chapman University

**Samantha Carelock**

Marymount of California/  
CSU East Bay

**Allie Cataldo**

St. Mary's College Beach

### **2<sup>nd</sup> Row, L to R:**

**Brenna Duggan**

Washburn University/  
CSU Monterey Bay

**Emma Engstrom**

Dartmouth

**McKenna Keowen**

Suffolk University





# ***Xcel Grads On 2022 ROSTERS***

## **Xcel Class of 2020**

### **1<sup>st</sup> Row, L to R:**

**Claire Conners**

Simmons University

**Coco Ikpe**

CSU Dominguez Hills/  
UC Riverside

**Isabella Lipacis**

Colorado College

### **2<sup>nd</sup> Row, L to R:**

**Sadie Peete**

Cal Lutheran

**Dana Riggio-Kerley**

College of Marin

**Madi Risch**

University of Pennsylvania



### **4<sup>th</sup> Row, L to R:**

**Ruby Santos**

Ohlone College

**Isabel Strand**

UC San Diego

### **4<sup>th</sup> Row, L to R:**

**Fina Tuinauvai**

CSU East Bay

**Taylor Whyte**

Chico State University



# ***Xcel Grads On 2022 ROSTERS***

## **Xcel Class of 2019**

### **1<sup>st</sup> Row, L to R:**

**Jalen Carey**

UC Merced

**Kylie Greenberg**

Soouthern Connecticut  
State

**Katie Gunderman**

Connecticut College

### **2<sup>nd</sup> Row, L to R:**

**Catherine Helgeson**

Chapman University

**Lindsey McLaughlin**

Solano College/  
Humboldt State

**Sara McBride**

UC Santa Cruz

### **3<sup>rd</sup> Row, L to R:**

**Kayla Somontan**

Solano College/  
Simpson University

**Mafa Tuinauvai**

San Jose State University/  
CSU East Bay

**Nina Umali**

Pacific University



# 2023 Information Sheet

## PRELIMINARY Tournament Schedule – Updated November 2022

Tournaments	Dates	12B	13B	13W	14B	14W	15B	15W	16B	16W	17B	17W	18B
NCVA Power League - @The Grounds - Roseville	Dec 10-11												x
JVA NorCal Winter Classic The Grounds (Open) & Bay Area Sites (Club)	Jan 14-16	x	x	x	x	x	x	x	x	x	x	x	
NCVA Power League 1 - San Mateo Event Center	Jan 21												x
WCVBA League 1 & 2 - @The Grounds	Jan 21-22						x	x	x	x	x	x	
USAV 18s Salt Lake City Qualifier - Salt Lake City	Jan 27-29												x
WCVBA League 1 & 2 - Bay Area Sites	Jan 28-29	x	x	x	x	x							
NCVA Power League 2 - San Mateo Event Center	Feb 5												x
WCVBA League 3 & 4 - Bay Area Sites	Feb 4-5						x	x	x	x	x	x	
Las Vegas College Showcase	Feb 18-20												x
Las Vegas Classic	Feb 18-20						x		x	x	x	x	
WCVBA Presidents Day Showdown - Bay Area Sites	Feb 18-20	x	x	x	x	x		x					
NCVA Power League 3 - San Mateo Event Center	Feb 25												x
NCVA 18s Sierra National Qualifier - Reno	Mar 3-5												x
JVA NorCal Spring Challenge - @The Grounds	Mar 4-5		x	x		x							
SCVA Red Rock Rave 1 - Las Vegas, NV	Mar 4-6				x		x	x					
SCVA Red Rock Rave 2 / OC Qualifier - Las Vegas, NV	Mar 11-13								x	x	x	x	x
WCVBA League 3 & 4 - The Grounds	Mar 11-12	x	x	x	x	x							
WCVBA League 5 & 6 - Bay Area Sites	Mar 18-19						x	x	x	x	x	x	
Pacific Northwest Qualifiers - Spokane, WA	Mar 25-27								x	x	x	x	
Pacific Northwest Qualifiers - Spokane, WA	Mar 31-Apr 2				x		x	x					
NCVA Power League Region Championships Capitol Sports Center/McClellan, Sacramento	Apr 1-2												x
NCVA Far Westerns - Reno	Apr 22-24		x	x		x							
USAV 18s Spring Nationals - Columbus, OH	Apr 28-30												x
WCVBA League 5 & 6 - @The Grounds	Apr 29-30	x	x	x	x	x							
JVA West Coast Cup - Long Beach	May 27-29				x	x	x	x	x	x	x	x	
50th AAU National Championships - Orlando	June 13-29						x		x		x		
USAV Jr Nationals (As Qualified) - Chicago	Jun 28-Jul 6				AQ	AQ	AQ	AQ	AQ	AQ	AQ	AQ	

Tournament dates only, excluding travel days. Always check tournament websites for real-time information. Do not leave tournament premises at the end of each day without knowing your next assignment or play schedule.



Congratulations to 17 Blue Coach **Lucas Abbott**, 14 White Coach **Jenn Uresti**, and the Berean Christian High School (Walnut Creek) for winning the California Interscholastic Federation's Division V State Championship title!

Great job to the Eagles and to all our Xcel athletes on the squad.



# 2023 Information Sheet

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## Travel & Lodging

	JVA NorCal Winter Classic Roseville	WCVBA League 1-6 Roseville	Las Vegas Classic Las Vegas	NCVA 18s Sierra Qualifier Reno
<b>Tournament Dates</b>	Jan 14-16	Jan 7-8 / Jan 21-22 / Jan 28-29 / Feb 4-5 / Mar 11-12 / Mar 18-19 / Apr 29-30	Feb 18-20	Mar 3-5
<b>Travel <sup>(1)</sup></b>	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players
<b>Lodging <sup>(2)</sup></b>	Booked by Parents/Players	Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>

	JVA NorCal Spring Challenge Roseville	Red Rock Rave Las Vegas	Pacific NW Qualifiers Spokane	NCVA Far Westerns Reno
<b>Tournament Dates</b>	Mar 4-5	Mar 4-6 Mar 11-13	Mar 25-27 Mar 31 – Apr 2	Apr 22-24
<b>Travel <sup>(1)</sup></b>	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players
<b>Lodging <sup>(2)</sup></b>	Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>

	USAV 18s Spring Columbus	JVA West Coast Long Beach	AAU Nationals Orlando	USAV Jr Nationals Chicago
<b>Tournament Dates</b>	Apr 28-30	May 27-29	June 13-29	Jun 14-17 Jun 28-Jul 6
<b>Travel <sup>(1)</sup></b>	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players	Booked by Parents/Players
<b>Lodging <sup>(2)</sup></b>	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>	Booked by Parents/Players	Booked by Parents/Players	Arranged by Xcel Booked by Parents/Players <sup>(3)</sup>

<sup>(1)</sup> Players and parents are responsible for getting themselves to tournament the day prior to start date. Coaches will establish a check-in time for players to arrive.

<sup>(2)</sup> Details to be provided to Team Parents, including booking instructions, once the tournament site opens for reservations.

<sup>(3)</sup> In a “Stay to Play” tournament, clubs must select their stay from a list of pre-approved hotels supplied by the tournament. If teams do not use a pre-approved hotel, they cannot play in the tournament. In a “Support the Sport” tournament, teams go through the tournament website to book their hotel reservations.

For all travel and lodging-related questions, please contact [Normie Pineda](#).

# 2023 Information Sheet

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## Practice Schedules

Practices begin December 4, 2022

Winter break from December 23 through January 1.

Practices resume January 2.

Team	Head Coach / (Associate)	Practices (Court)
12 Blue	Krystal Hin (Taylor Dixon)	Tue/Thu 6:00-7:30 pm (1) No Practice Sunday
13 Blue	Greg Ginsburg (Michaela Ahlenslager)	Mon/Wed 6:00-7:45 pm (1) Sun 2:00-4:00 pm
14 Blue	Jhoanna Rollins (Allan Alberto / Tui Saluni)	Tue/Thu 6:00-7:45 pm (2) Sun 2:00-4:00 pm
14 White	Jennifer Uresti (Amanda Mallard)	Mon/Wed 6:00-7:45 pm (3) Sun 2:00-4:00 pm
15 Blue	Leslie Ray (Rochelle Alonsabe / Deo Boongaling)	Tue/Thu 6:00-7:45 pm (3) Sun 10:00 am-12:00 pm
15 White	Maynard Patacsil / Owen Uresti (Jhoanna Rollins)	Mon/Wed 6:00-7:45 pm (2) Sun 12:00-2:00 pm
16 Blue	Ruth Lawanson (Todd Ajari)	Mon/Wed 8:00-9:45 pm (3) Sun 10:00 am-12:00 pm
16 White	Greg Ginsburg (Allan Alberto / Kaitlynn Zdroik)	Mon/Wed 8:00-9:45 pm (2) Sun 12:00-2:00 pm
17 Blue	Leslie Ray / Lucas Abbott (Kayla Coleman)	Tue/Thu 8:00-9:45 pm (3) Sun 12:00-2:00 pm
17 White	Andrew Randolph (Maynard Patacsil)	Mon/Wed 8:00-9:45 pm (1) Sun 4:00-6:00 pm
18 Blue	Andy Schroeder / Jeremy Swann (Taylor Dixon)	Tue/Thu 8:00-9:45 pm (1) Sun 4:00-6:00 pm

Check [CLUB CALENDAR](#) on website for updates.



## The Fine Print: Please Read the Xceleration Handbook

In addition to **XCELLent News**, another important reading material for all players, coaches, and parents is our handbook to guide all of us throughout the season. Please click [XCELERATION VOLLEYBALL CLUB HANDBOOK](#), which includes our Mission Statement, what you can expect from playing at Xceleration, our expectation for players, code of conduct, club policies and many more!